

## Welcome to Randall Children's Gender Care Center!

### Legacy's Youth and Adolescent Gender Clinic

*Providing Excellence in Multidisciplinary Care to Transgender and Gender Expansive Youth*

**Address:**

501 N Graham Street, Suite 375  
Portland, OR 97227

**Contact Information:**

Phone: (503) 413-1600  
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### Thanks you for choosing us for your care. We're excited to meet you!

The Gender Care Center offers a multi-disciplinary approach, which includes medical and mental health care for transgender and gender diverse youth up to 18 years of age.

**Meet the Team:**

Karin Selva (she/her), MD, Medical Director and Pediatric Endocrinologist

Maya Hunter (she/her), MD, Pediatric Endocrinologist

Albert Chaffin (he/him), MD, Pediatrician

Connie Earnest-Ritchey (she/her), RN

Clancy Roberts (she/her), LCSW, Behavior Health Clinician

Our team is committed to providing the highest level of care and support for all our patients and their families. You are why we do the work that we do. Let us share more about our process, so you know what to expect.

**Step 1:** Our process starts with a referral. If you are receiving this letter, it is likely that a referral has already taken place. We often receive referrals from Primary Care Physicians or Mental Health Providers, and some people refer themselves.

**Step 2:** The next step is an intake with our Behavioral Health Clinician. This intake may be by phone, video, or in-person. Your initial appointment type will be determined based on your individual needs and insurance coverage as appropriate. Please see included behavioral health information for further



details. The goal of the intake is to learn more about you, and for you to learn more about us. We want to answer your questions and end that visit with a plan for moving forward. We are committed to collaborating with you on a plan that makes sense for your family. We do not offer a one size fits all model, but instead a personalized plan for each patient. Your plan may include additional behavioral health appointments, referral for community support, connections, groups, and/or resources like podcasts, books, or online resources. Many times, it will also include scheduling with one of our medical providers.

## **The first visit with the medical provider:**

After the intake, many patients are scheduled to meet with one of our medical providers. To best prepare your family for the first visit with Dr Selva, Dr Hunter, or Dr Chaffin, we want you to know what to expect.

At your first appointment, the medical provider will focus on learning more about patient and family, including health history, gender journey and gender affirming healthcare goals. This will be a time that you can ask questions about medical care and express any questions or concerns.

1. After the medical provider has visited with your family, they may need to perform a physical exam. The exam may include a pubertal exam (chest exam for assigned females at birth, genital exam for assigned males at birth). This part of the exam will help make decisions about puberty.  
\*\*Parents/guardians: if this exam is going to be stressful for your child, please talk with them ahead of time and let our team know, so we may help ease the process. Bringing a source of comfort or distraction can also be helpful.
2. Typically, a routine blood draw and sometimes an X-ray of the hand are ordered at the first visit to safely move forward with next steps. Lab and X-ray are available at multiple locations for scheduling at your convenience. If this process is going to be stressful for your child, it is also helpful to bring a source of comfort or distraction (YouTube, music, headphones).
3. Our clinic follows World Professional Association of Transgender Health (WPATH) and Endocrine Society guidelines that require support from a mental health professional (our behavioral health clinician or a community mental health provider) for moving forward with pubertal suppression or hormone therapy. This is also a requirement by most insurances to cover gender affirming medications.
4. Lastly, as with standard of care around the US, our medical providers do not prescribe any medications at the first visit. We want you to know this, so you are not disappointed.
5. Our medical providers typically see each patient every 3-4 months while they are on gender affirming medication. This timeframe may be different for individuals that are not on treatment.



# Randall Children's Hospital at Legacy Emanuel

We are happy to discuss any questions or concerns you have regarding our process and clinic structure. Please reach out to our team at (503) 413-1600.

We also invite you to look at our website including resources specific for -

Parents, families, and caregivers at: [www.legacyhealth.org/children/health-services/transgender/parents-faq](http://www.legacyhealth.org/children/health-services/transgender/parents-faq) And for patients at: [www.legacyhealth.org/children/health-services/transgender/kids-faq](http://www.legacyhealth.org/children/health-services/transgender/kids-faq)

We look forward to this journey with you and working together as a team to support you along the way!

Warmly,

Your Randall Children's Gender Care Center Team

